

## **From the President**

### **We did it!**

As of April 1, 2019, VOTC officially gained 501c3 status and is recognized by the IRS as a non-profit organization. As such, we are qualified to conduct business, hire an administrative assistant and receive donations under our new Federal ID number, EIN 83-3340375.

It's been a very busy time for the executive committee who had to replace all the financial and insurance services previously being provided by our fiscal sponsorship with Senior Coastsiders.

The aim of becoming a non-profit in our own right – and the reason for our fundraising efforts for the last two years – has been to hire a part-time administrative assistant.

### Mission accomplished!

The Board of Directors is happy to announce that Cathy Conry will take on responsibilities for some day-to-day operations, events, financial record keeping, communication and database maintenance for VOTC. She has lived in El Granada for 25 years and is the mother of 3 children. She has extensive project management experience.

*Judy Macias*

I feel fortunate to join this talented team that is so vital to the Coastsides community. It will be a privilege to serve the Villagers!

*Cathy Conry*

Newsletter May, 2019

## **Go Team VOTC!**



Some of us are new to BOCCE.... and still figuring it out. But the newness and misty Coastsides conditions have not dampened our spirits!

Nine VOTC members and volunteers started the Chamber league competition at the HMB Golf Links on April 8. Up to four players compete in 2 games each Monday night. We got rained out on the 22<sup>nd</sup> but will be back out there on the 29<sup>th</sup>.

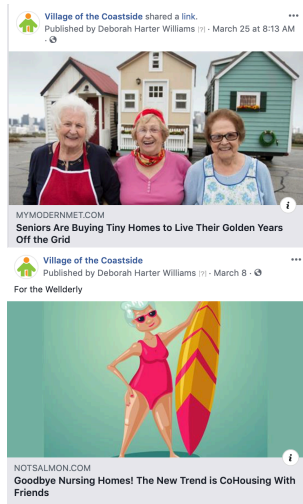
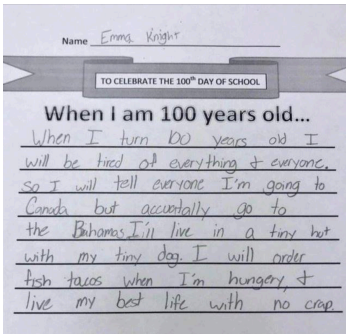
Our score thus far?!!! .... well, who's counting anyway, right?! We still have time before the end of the tournament in early June. Come out and cheer for us between 6 and 8 PM at the courts behind Mullins Bar and Grill!



## **Will You Lend Your Voice?**

Your voice via a Testimonial is more powerful than anything we write about the value of VOTC. We're looking for Testimonials of 1 or 2 sentences for our website, Newsletter, and other publications. Contact Terry Plank to learn more about how to add your special voice to promote VOTC at [marketing@villageofthecoastsides.org](mailto:marketing@villageofthecoastsides.org)

## Most liked on VOTC Facebook Page



## Whole New World of Aging

'Toto, I've a feeling we're not in Kansas anymore.' Dorothy said to her beloved dog. How true when it comes to the world of older adulthood and retirement in 2019.

Let's take the VOTC leadership for example. Our vibrant, successful organization didn't evolve over the last 3 years from the work of a paid staff. It has been the ongoing work of Board and Team Members whose average age is 77. Our oldest Board members are in their 80's and plan to volunteer for years to come.

It's a new day for older adults and retirees. No longer is retirement and older age a time for just reading & relaxing in a recliner. For many, it's not even a full retirement from paid employment.

Our membership includes a number of people who work part time, at a wide variety of occupations, including family therapist, massage therapist, wedding officiant, fisherman, speech therapist, CPR trainer, Red Cross trainer, and volunteer nonprofit board member.

Being freed from the demands of full-time income generation, our members have more time now to volunteer with organizations and causes they value while still having time for socializing, grand-parenting, cultivating hobbies, enjoying quiet mornings of contemplation, taking naps, reading, cooking, traveling to name but a few.

Welcome everyone, to the new age of aging!  
Terry Plank

## PLUS = A little help after surgery

By Sue Santoro and Jeanette Ward

When Sue learned she needed to undergo a knee replacement, she realized how valuable her PLUS membership would become - because she would not be able to drive for a while. Being the independent and organized person that she is, she began to make preparations for the big day.

She found handyman volunteer services which helped her get some minor repairs done, to make navigating around the house easier. Arrangements were made with the garbage company to eliminate the need to have the cans pulled out to the street on pick up day. She even thought to get her car servicing taken care of with volunteer rides to and from Harloe's Car Repair.

Her sister was able to stay with her for a couple of weeks, but when she had to return home to Idaho, Sue was able to "check in" with a Village volunteer each morning for a couple of weeks, just to make sure she was up and all was well. Village volunteers made home visits, helped with simple household chores, provided local rides for appointments, picked up her mail, and even a few trips to Kaiser "over-the-hill". She also got help with shopping trips for groceries, a ride to get her taxes prepared, and was able to once again enjoy voice lessons at her church.

Sue also had the foresight to become enrolled in the Sam Trans Paratransit program for the Coastside - Redi-Coast. They picked her up and brought her for an assessment in Burlingame. While it took 3 weeks for the certification to be completed, she used their "little known" 5311 program, which provides for limited transportation **without** certification in our rural designated community.

Using available resources along with the generous donation of time from our service volunteers, Sue is very grateful to be able to stay in her home as she continues to heal. Indeed, it takes a Village!

*If you are anticipating needing some assistance and want to learn more about services and resources... contact the Concierge at 650.440.5030*

## About Our Members -

Here's a little bit of data about who makes up the Village of the Coastsides. We currently have 70 members - 56 Women and 14 Men.

30 individual members and 24 household members. We have 10 individual members enrolled in Members Plus and an additional 6 Household Members Plus.

Overall the average age of our Membership is 72.

## Transportation - Staying Mobile

### Peninsula Rides, New Website

The San Mateo County Transit District's new Mobility Resource Center connects older adults and those with accessibility needs with transportation services that best fit their lifestyle.

Call 1-800-660-4287 for personalized assistance. Customer service representatives available Monday-Friday, 7 am to 7 pm, Saturday-Sunday, 8 am-5 pm. Or visit the website at [www.peninsularides.com](http://www.peninsularides.com).

If you need further help, contact VOTC at 650-440-5030 or at [info@villageofthecoastside.org](mailto:info@villageofthecoastside.org).

### AARP Driver Safety

Did you know that you can take AARP's Smart Driver Course online? You can save 25% now plus you could qualify for a multiyear discount on your auto insurance.

Register at: [www.aarp.org/smartdriver26](http://www.aarp.org/smartdriver26)  
Use promo code: AARP30.

## Opportunities of Aging?

Yes! We collected several comments from the first meeting of our discussion group (see schedule below\*)

- *I've got more time and am more relaxed because I can be selective about what I do.*
- *I think I have more wisdom; I'm more mature and able to see things more clearly.*
- *I have more time for self reflection, understanding myself better I can make better choices in life.*

## Meet a Member - Paul Feldman



*California? No way! With three of our grandchildren a short drive away, friends and family nearby on the East Coast, Maryland was a great place to live - until things changed.*

*In June 2018, my son's family moved from MD to CT, and my wife Carin joined me in retirement. After evaluating our priorities, we sold our place in MD and moved permanently into our Half Moon Bay vacation house that we've owned since 2014, near our daughter's family and 2 grandkids.*

*There is much that I miss from my forty-years of practicing medicine: patient care, teaching and collegial interactions. But having more leisure time with my wife, children, grandchildren, hobbies and books is a great new way of living. I'm still hoping to meet some non-serious 9-hole golfers and bicycle riders who like flat roads and casual speeds.*

*As a new retiree, I volunteered as an exhibit guide at The National Aquarium. I now teach CPR, volunteer with the Coastsides Emergency Corps (CEC), and have completed Community Emergency Response Training (CERT) right here on the Coastsides.*

*We've been enjoying the milder weather, the beauty of the coastline, the nearness of the ocean and the small-town atmosphere of HMB. The Village of the Coastsides activities at the Pumpkin Festival, movies at the library, discussion groups, coffee breaks and other meetups has helped us meet new people and feel part of a community.*

*I asked my grandchildren what they think I enjoy doing in retirement and got such responses as, "Playing basketball, football, baseball, lacrosse, ping-pong, miniature golf, going to our sports practices and games, school plays, dance shows, fixing our broken stuff, helping with homework, being silly and taking naps."*

*That says it all, huh?*

**AGING. BETTER.**

**VILLAGE OF THE COASTSIDES**



## May Events - Let's Do It!

**Thurs. May 2**

**Is Coastside Gives Day!  
Give Where You Live!!!**



Donate online now through May 2 at [www.coastsidegives.org/villageofthecoastside](http://www.coastsidegives.org/villageofthecoastside)

If you prefer to give in person, volunteers will be standing by at New Leaf Market between 10am and 7pm to accept your credit card, check, or cash. Thank you for your support and generosity.

**Also May 2 - Meet Up for Coffee**

**Village Coffee Break/Breakfast Mavericks  
Creperie (next to New Leaf) 10 AM**

**Registration appreciated to secure seating.**

Join members, guests, volunteers, and new friends at this monthly event. No agenda, just getting together for conversation! A great opportunity to learn more about the Village!

**Tues. May 7 Coastal Trail & Cocktails! Walk  
3:30 PM &/or Happy Hour 5 PM  
Miramar Restaurant**

Join members, volunteers and guests on a walk along the coastal trail at 3:30 PM starting at Miramar Beach



Restaurant. Then at 5 PM meet in Miramar Beach Restaurant Bar for Happy Hour! Park on the road to the beach, or in beach parking north of restaurant. Registration required, so we

know to look for you! Bring a guest!

**\*Wed. May 15 NEW VOTC Interest Group:  
Challenges and Opportunities of Aging 1 - 2:30  
at Lesley Gardens**

This new discussion group explores the ways we're navigating the challenges and opportunities of aging in place - and how we stay independent.

Hosted by Terry Plank the group will decide together what & how to discuss regarding our hopes, needs, strengths, and challenges. This is not a therapy or counseling group.

Members and Volunteers, please register for a head count.

**Full EVENTS CALENDAR** is located at [villageofthecoastside.org](http://villageofthecoastside.org). Check it regularly for updates, and additional **community** events. For questions and help contact. **650.440.5030** or [info@villageofthecoastside.org](mailto:info@villageofthecoastside.org)

**VOTC hosts FRIDAY NIGHT MOVIES AT THE  
LIBRARY May 17 6:15 - 8:30 PM Feature: Green  
Book- an Oscar nominated film.**



When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments

that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime.

Cast : Viggo Mortensen, Mahershala Ali, Linda Cardellini, Don Stark,  
Open to all – Bring a friend.

**Sat. May 18 VOTC Symphony Interest Group -  
MTT Conducts Mahler's 7th Symphony**

From searing to joyful, intimate to haunting, Mahler's shadowy universe is channeled by the infinitely expressive San Francisco Symphony in this dramatic sonic excursion.

Winner of two Grammy Awards for their recording of the Seventh Symphony, MTT and the San Francisco Symphony return to this epic work for



one of the most exciting concert events of the year. Group ticketing is unique AND at bargain rates: Front Orchestra/Main Floor @\$59, Side Terrace (Up by the musicians) @\$57, Upper Orchestra/ Main Floor @\$33.

Make reservations soon! For the limited tickets, contact Nina Nelson, asap: [nencgn@yahoo.com](mailto:nencgn@yahoo.com), 560-9025

**Fri. May 24 Village Men Coffee Buzz Breakfast  
(4th Friday each month) - 9 AM at HMB Joe's**

No agenda, just conversation, please register to assure seating.



